

What we like and admire about Holly



- *Always happy and smiling*
- *Everyone's friend*
- *Very affectionate*
- *Confident and outgoing*

What is important to Holly

Quality time with Mum, Dad and little sister Sophie, doing things like going to the cinema, having a hot chocolate and a cake out.

Spending time with extended family especially grandparents and Martin, Ceri, Harry and George who we try to see at least once a month.

Holidays abroad where there is a kids club and to the Lakes to see Lou, Tony and Dan and all the animals on their smallholding.

Seeing school and other friends, especially Kacey and Reece; going to soft play and parks and visiting eachothers houses.

Reading, Holly loves any and all books and enjoys reading to an adult every evening.

Being outside, Holly likes being in the countryside in her welly's, splashing in puddles and getting muddy.

Routine, Holly likes to know what will be happening & when during the day, including who we will be seeing, what we will be doing, when we will be eating etc., and Holly can get upset if this plan changes. For long term plans we count down the number of sleeps. At school they use visual aids to plan Holly's day with her.

Listening and dancing to music in her bedroom, especially Rihanna, Lady Gaga, One Direction, JLS, Justin Bieber and Michael Jackson.

Having her own space & stuff in her bedroom, where Sophie is not allowed to go & pester her or touch her things, especially her Lego, Doll's House, DVDs, books and colouring things.

How best to support Holly:

Be patient, using encouragement and praise to help Holly do things; she can be quite slow at completing tasks but likes to do so herself and will get frustrated if you rush her.

Have a clear routine and share it with Holly, using visual aids/timetables where she can select and place activities on a timeline.

Give Holly lots of praise and reward when she does well – she visibly blossoms when you praise her and responds well to small treats which she can earn back if she loses them by misbehaving.

Know that Holly needs extra help with certain areas of dressing, like buttons, zips and other fastenings. She will not always ask for help and will happily continue about her day with things undone or being half dressed.

Understand that Holly's concentration levels are low and so she needs as little distractions as possible when working on a task. At school this means Holly works best in small groups or with one to one support. Realise that Holly doesn't always go to the toilet when she needs to, and so her routine still needs to include prompting and support at regular times to use the toilet.